

## APPENDIX L GET MEDICAL HELP IMMEDIATELY

**For life threatening emergencies call 911 immediately.**

Examples of life threatening emergencies include, but are not limited to:

- Unconsciousness
- Not breathing or having trouble breathing
- No signs of circulation
- Severe bleeding
- Inability to move arms or legs

Provide first aid as appropriate. Contact the parent and, if unavailable, their emergency contact.

Tell the parent to come right away and get medical help immediately when any of the following things happen:

- An infant under 4 months of age has an axillary temperature of 100 degrees Fahrenheit or higher or a rectal temperature of 101 degrees Fahrenheit or higher.
- A child over 4 months of age has a temperature of 105 degrees Fahrenheit or higher.
- An infant under 4 months of age has forceful vomiting (more than once) after eating.
- Any child looks or acts very ill or seems to be getting worse quickly.
- Any child has neck pain when the head is moved or touched.
- Any child has a stiff neck or severe headache.
- Any child has a seizure for the first time.
- Any child acts unusually confused.
- Any child has uneven pupils (black centers of the eyes).
- Any child has a blood red or purple rash made up of pinhead-sized spots or bruises that are not associated with injury.
- Any child has a rash of hives or welts that appears quickly.
- Any child has a severe stomachache that causes the child to double up and scream.
- Any child has a stomachache without vomiting or diarrhea after a recent injury, blow to the abdomen, or hard fall.
- Any child has stools that are black or have blood mixed through them.
- Any child has not urinated in more than 8 hours; the mouth and tongue look dry.
- Any child has continuous clear drainage from the nose after a hard blow to the head.

*Note for programs licensed to provide care for sick children:* If any of the conditions listed above appear after the child's care has been planned, medical advice must be obtained before continuing child care.

This information is provided by the American Red Cross. For information, telephone the local chapter of the American Red Cross or reference their Internet website at: <http://www.redcross.org/>.